



Shrimp, Peppers and Cheese Grits

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

405 calories

26.82 g fat

1,020 mg sodium



INGREDIENTS: **** Items not included in kit**

SHRIMP

- 1 lb. shrimp
- 2 TB olive oil**
- 1 cup red bell pepper, diced
- 1 cup green bell pepper, diced
- Salt & black pepper, to taste**
- 1 can diced tomatoes with green chilies
- 1/2 bunch Green onions, sliced thinly
- 1/4 cup fresh parsley, chopped for garnish

CHEESE GRITS

- 2 cups low sodium chicken broth (Measure Out)
- 2 cups water**
- 1 cup grits
- 2 TB butter**
- 1 cup shredded cheddar cheese
- Salt & black pepper**

SALAD

- Salad greens
- Cucumber, sliced
- Carrot, sliced
- Your favorite salad dressing**

DIRECTIONS:

1. Thaw and pat dry the **shrimp**. Wash **4 green onions** and thinly slice, discarding the root end and the top 1 inch, set aside. Wash and dry **parsley**, chop the leaves to make 1/4 cup, set aside to use as a garnish before serving.
2. SHRIMP: In a large skillet, heat **2 TB olive oil** over medium high heat. Add the **red & green bell peppers**, season with a **pinch of salt and black pepper, to taste**. Sauté 10 minutes. Add the **thawed shrimp** to the pan and continue to sauté stirring to combine until shrimp are cooked through and turned pink, about 5 minutes. Add in the can of **diced tomatoes with green chilies** and cook for 5 minutes longer, stirring to combine. Remove from heat and stir in the **thinly sliced green onions**.
3. CHEESE GRITS: Bring **2 cups chicken broth** and **2 cups water** to a boil, slowly stir in **1 cup grits** and cook, covered, on low to medium heat, stirring often for 12-15 minutes. Remove lid, stir in **2 TB butter** and **1 cup shredded cheddar cheese** and season with a **pinch of salt & black pepper, to taste**.
4. Serve the **shrimp & peppers** over the **grits**, and garnish with **fresh parsley**.
5. Toss the **salad greens, sliced cucumber, and sliced carrot** with your **favorite salad dressing**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

Proudly Sponsored by:





Balsamic Pork Chops with Roasted Sweet Potatoes & Brussel Sprouts

Prep Time: 15 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

377 calories

15.34 g total fat

759 mg sodium



INGREDIENTS: **** Items not included in kit**

- Flour Blend (1/4 cup all-purpose flour & 1 tsp garlic powder)
- 1/4 tsp salt & 1/4 tsp ground black pepper**
- 4 boneless pork chops
- 2 TB olive oil**
- 1/3 cup balsamic vinegar
- 1 cup chicken broth (Measure Out)
- 1 lemon, zested and juiced
- 1 TB capers
- 1 lb. sweet potatoes (peeled and diced)
- 1 lb. Brussels sprouts
- 2 TB olive oil**
- 1/4 tsp salt and 1/4 tsp ground black pepper**
- Fresh parsley, chopped for garnish
- 1/2 bunch green onions, thinly sliced for garnish
- Nonstick Spray**

DIRECTIONS:

1. Preheat oven to 400 degrees. Peel **sweet potatoes** and cut into 1 inch cubes. Wash and trim **brussels sprouts**, pull away any yellow outer leaves and cut sprouts in half. Spray baking sheet with **nonstick spray**. Place **cubed sweet potatoes** and **halved brussels sprouts** on baking sheet. Drizzle with **2 TB olive oil, 1/4 tsp salt and 1/4 tsp black pepper**, toss to combine well. Roast for 20 minutes or until tender. Remove from oven and squeeze the **juice of 1/2 lemon** over the vegetables.
2. Place the **Flour Blend, 1/4 tsp salt and 1/4 tsp black pepper** into a plastic bag. Shake to mix, then add the **pork chops**, and shake again to coat.
2. Heat **2 TB olive oil** in a large skillet over medium-high heat. Remove each pork chop from the bag, shaking off any excess flour. Cook the **pork chops** in the pan until golden-brown on both sides, about 3 minutes per side.
3. To the same pan, pour in the **1/3 cup balsamic vinegar** and **1 cup chicken broth**. Bring to a boil, then reduce heat to medium, and simmer until the pork is no longer pink in the center, about 7-10 minutes, flipping pork chops halfway. Remove the **pork chops** to a serving platter. To the pan sauce stir in the **zest from 1/2 lemon** and the **capers**. Continue simmering until the sauce has thickened, about 2-3 minutes
4. Drizzle **sauce** over the **pork chops** and top with **chopped fresh parsley** and **thinly sliced green onions**. Serve alongside roasted vegetables.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

Proudly Sponsored by:

